

# Sweet Potatoes, Spicy Roasted



## Ingredients

3 medium sweet potatoes, washed and cubed  
2 cloves garlic, minced  
3 Tbsp olive oil  
1 1/2 tsp ground cumin  
1/4 tsp salt  
1/4 tsp black pepper

1 Tbsp dried parsley

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## Instructions

Pre heat oven to 450°F. In a mixing bowl combine all ingredients and toss well. Place on a baking sheet. Bake for 20 minutes, mix the potatoes and bake another 10-15 minutes or until soft and golden brown.

## Nutrition Information Per Serving

Serving Size: 1 cup  
Serves 6  
Calories: 119  
Fat: 7 gm  
Sodium: 140 mg  
Fiber: 2 gm  
Carbohydrates: 13 gm  
Protein: 1 gm  
Sugar: 3 gm